

Date *with* Health

Monthly Newspaper on Health & Fitness

RNI Reg. No. MAHENG/2017/76690

Vol. : 5 • Issue : 6 • Pages : 8 • Price : ₹ 20/-

March 1 - 31, 2022

AVAILABLE ONLY IN KHOPOLI	
Half Kg Price	
Chocolate Cake	₹ 250/-
Pineapple Cake	₹ 250/-
Strawberry Cake	₹ 250/-
Blueberry Cake	₹ 250/-
Black Currant Cake	₹ 250/-
Black Forest Cake	₹ 250/-
Rasmalai Cake	₹ 350/-
Choco Oreo Cake	₹ 300/-
1 Kg Doll Cake	₹ 600/-
Engagement Cake	
Cheese Cake	₹ 500/-
Chocolate Truffle Cake	₹ 350/-

Saniya Mukri: 9552096084
@ : @bake_by_sm

DATE WITH HEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

Plant a Sapling, click a picture with it and send it to us on
datewithhealth@gmail.com

We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue. So plant a sapling today as your contribution for a better tomorrow !!!!



W
E
A
R
Y
X
M
A
I
N
T
A
I
N
S
♥
C
I
A
L
D
I
S
T
A
N
C
E
U
R
M
A
S
K
K

Your attitude should be
+VE Not your Covid report!

Creative by: Filzah Syed (11 years), Navi Mumbai

PLEASE NOTE: Vol. 5, Issue - 5 (February 1-28, 2022) Print Edition was not printed due to the pandemic and its related problems, the inconvenience caused is regretted. You can see the same digitally on our website:

www.datewithhealth.com

- Editor



Editorial

MARCH ON !!!!

The month of March is actually a very stressful one as both the financial year and academic year comes to an end. The business class (all level of businesses) are busy calculating their profit and losses, the students on the other hand are preparing to give their final exams and wait anxiously for the results a few months after that. Many of the students would be more anxious and stressed because they will be giving the most crucial exams viz Xth and XIIth which would in a way decide their future course of action and shape up their careers. The stress is obvious, but if it's not brushed aside it will end up causing more damage than good (though there is hardly any good in remaining stressed in the first place).

Students get more stress from the expectations of parents and peer pressure in the form of unhealthy competition. Parents should support their children with motivation and encouraging words. They should avoid pressurizing their children with high expectations. The family elders can play a very significant role in destressing the students and helping them achieve to the best of their capabilities. Every child isn't made to be a doctor or an engineer, there are other professions too. Help your child pursue the one he or she is best equipped for. Encourage them to excel in the profession of their choice and become the best in it rather than join the rat race and end up being a mediocre and end up a depressed and frustrated soul.

Preparation for final exams doesn't mean only studies studies and studies. There should be a balance between studies, rest, leisure time, proper diet and half to one hour of exercise. It will help the child to concentrate on the studies in a better way without falling into the anxiety trap.

At the end of the day pat your child for his / her efforts irrespective of the marks they score. Your positive attitude will make even the students who unfortunately haven't scored high marks despite putting their ~~100~~ percent, the confidence to MARCH ON in life and excel in their future endeavours !!!

Wishing the students ALL THE BEST ...
Give your best and let LORD do the rest ❤️

MENTAL HEALTH IN CHILDREN



SALMA PRABHU
Clinical Psychologist Career
Counselor and Author of
Parenting book
Mom Dad U R Wonderful
and You are My Star
salmaprabhu7@gmail.com
Call 9322851484

Assertive Skills

This article has got inspired by the recent introspections that I have been doing with my own evolving of my personality. It is very important for parents to teach their children to be assertive rather than be aggressive. Being assertive is a very important part of developing a healthy emotional quotient (EQ) which has proved to be more important than Intelligence Quotient (IQ).

The importance of Emotional Quotient has been time and again mentioned in my columns. I am 58 now and keep introspecting on my life and how it has evolved over the years. I was a child who was free in thoughts, actions and feelings. I would roam like a free bird, talk like I feared no one and all that I felt showed on my face. While I am glad that my negative emotions like getting hurt eas-

ily has slowly come under control and my ego which was very fragile has got stronger, I am not very happy that I became a pleaser in the process and learnt to speak diplomatically in some situations or go with the tide at times.

I learnt to be aggressive in the beginning of my childhood watching a few near and dear ones and later to avoid the harmful effects of speaking and being aggressive became a pleaser.

What was necessary was to learn to be assertive rather than aggressive or passive. It has taken years to be assertive and learn to say "NO" when I do not want to do or participate in some activities or compromise. It bothers me at times that I wasted so many years grappling with these fluctuations in my personality. Whereas my son whom we both as parents helped to be assertive rather than aggressive has learnt to say "NO" to anyone and everyone at the right time and not feel guilty about it. It makes us feel good that we have followed the path to raise a person with high EQ. He does not hesitate to say NO, to seek help, to cry when required, to live life to the full and also understands that high empathy is

the key to success.

Here are some tips on helping children learn assertive skills rather than being aggressive.

1. When children are very small and they say NO, we need to encourage by accepting their wishes and not force them to behave in a manner which we feel is convenient and appropriate. Let me give an example to make it very clear what I mean by this.

Eg: Guests are there for dinner and you ask your little child to repeat a nursery rhyme or dance and the child says "NO". Accept this and do not cajole or bribe the child to do it anyways to please the guests or to please your own ego. Say "It is perfectly alright, we respect your wish". Smile.

2. Do not make the children feel guilty for not doing what you asked them to do in front of the guests. Rather tell them you respect their independent mind and their decisions. Simultaneously you are giving them good values and helping them to make independent decisions.

3. Third step is to respect their friends

and help here also to build friendship skills as children want to play and for playing they need to learn to share, participate, wait for their turn, but at the same time not try and please so they do not lose their friends. Often children who are not assertive give in to every demand of their friends and get exploited. As parents we need to help them learn how to be a good friend at the same time not get exploited.

4. Be a good role model. All the development of the children of course begins and ends with the role modelling. So while you are helping your child, work on your own issues and childhood learning. Unlearn what has harmed you and your personality and learn new ways with your children.

This is what I followed and slowly evolved in the last 30 years. I am happy with my personality now as I am able to forgive and forget, am able to say No and still receive respect and love, am able to let go and be grateful and have reached a level of finding inner peace.

Subscribe Now!
Monthly Newspaper

DATE WITH HEALTH

Please contact: 9987309006

NOTE: Contributors are responsible for the content, views and opinions expressed in their articles/ advertorials. While every care has been taken to avoid errors and omissions. Though we take care for acceptance of advertising copy materials, it is not always possible to verify its contents. Date with Health will not be liable for the consequences arising from contents, nor any loss or damage incurred as a result of transactions with companies, firms, associations or individuals advertising/editorial in its books. All trademarks in the publication belong to the respective owners.

ACUPUNCTURE AND FROZEN SHOULDER

Frozen shoulder or adhesive capsulitis, makes your shoulder stiff and can cause a constant dull or achy pain in the area. In many cases, frozen shoulder means it is

virtually impossible to carry out simple movements, like raising your arm. And there's more bad news – if left untreated the condition can persist for several years.

Who suffers from frozen shoulder?

Frozen shoulder is most common in people aged 40 to 60, with women more likely to suffer than men. In up to 20% of those affected, the condition will develop in the other shoulder too.

What is the cause/s of frozen shoulder?

There are a couple of common reasons for frozen shoulder:

- A shoulder injury or surgery that keeps you from manoeuvring the arm for long periods of time.
- It's also common in people who have type 1 and type 2 diabetes.

How can you ease the pain of frozen shoulder?

To help ease the dreaded pain of frozen shoulder there are a few things you could try:

- Keeping an upright posture and your shoulders gently back
- Moving your shoulder – keeping it still will make the pain worse
- Using heat or cold packs on your shoulder
- Acupuncture – which is a form of alternative medicine in which thin needles are inserted into the



Dr. SHABNAM ALI
M.D. Acupuncture
(Colombo), M.I.A.Ac.S,
C.S.G.M(Homeopathy)
Mobile: 9892696700
Consulting acupuncturist
in Lohana Medical Centre,
Koperkhairane.

body – can help unfreeze your shoulder too.

How can acupuncture help with frozen shoulder?

Acupuncture can reduce pain, inflammation and rid the body of muscle and joint stiffness. Therefore, it can help in the treatment of frozen shoulder by:

- Stimulating nerves located in muscles and other tissues, which leads to release of endorphins and other factors changes the processing of pain in the brain and spinal cord.
- Reducing inflammation, by promoting release of vascular fac-



- tors and modulation of the immune system.
- Enhancing local microcirculation, by increasing the diameter and blood flow velocity of peripheral arterioles.

If you are suffering from shoulder problems, like a frozen shoulder, please don't suffer in silence.



Cotton Suits and Phulkari Kurties and Stoles

Contact : 99308 13821 (Navi Mumbai)

POWERPUFFED POHA



Shalini Mukherji

FITNESS & NUTRITION

mukherji.shalini@gmail.com

Master Functional Trainer

Muscle Rehab Practitioner

Blackroll & Barefoot Specialist

Mobility Specialist

Nutrition Consultant

For Weight management

Sports & Clinical Nutrition

WhatsApp

+918591288168



like peas, beans, carrots, cauliflower, bell peppers etc and garnishing it with little grated coconut.

6) Very versatile and can be used for making cutlets, pancakes etc

7) Very little cooking time.

You have the option of using Red Rice poha or Millets poha which have more proteins, fibre, vitamins and minerals.

Poha can be had as Breakfast, Lunch,

Poha, also known as powva, sira, chira, avat etc is flattened rice which is parboiled before flattening, so that it can be consumed with very little cooking.

Health benefits of POHA

- 1) Controls blood sugar levels as it is rich in fiber which promotes slow and steady release of glucose in the blood stream and prevents sudden spike in blood sugar levels.
- 2) Good Probiotic as it is made by par boiling paddy, then drying it in the sun for a few hours. This dried product is beaten flat to make poha. The finished product has undergone fermentation and is rich in microbial flora and is healthy for the gut.
- 3) Rich in Iron and hence advised for pregnant and lactating women along with a little lime juice to aid better absorption of iron.
- 4) Easily digestible, doesn't cause bloating and keeps you full for longer, hence prevents cravings.

5) Low in calories and you can increase the nutrient density



by adding mustard seeds, jeera seeds, peanuts, vegetables

Snack or Dinner along with other accompaniments.

DECLARATION Publishing the details of ownership of monthly newspaper DATE WITH HEALTH Chart - 4 (See Rule 8)

1. Place of Publication : A-7, Tata Vidyut, Sector - 9A, Vashi, Navi Mumbai - 400 703
2. Periodicity of the Publication : Monthly
3. Printer's Name : Syed Abdul Monim
Whether citizen of India, : Yes
Foreigner state the country of origin) : Not applicable
Address : A-7, Tata Vidyut, Sector - 9A, Vashi, Navi Mumbai - 400 703.
4. Publisher's name : Syed Abdul Monim
Whether citizen of India, : Yes
Foreigner state the country of origin) : Not applicable
Address : A-7, Tata Vidyut, Sector - 9A, Vashi, Navi Mumbai - 400 703.
5. Editor's name : Syed Abdul Monim
Whether citizen of India, : Yes
Foreigner state the country of origin) : Not applicable
Address : A-7, Tata Vidyut, Sector - 9A, Vashi, Navi Mumbai - 400 703.
6. Name & address of individual : Syed Abdul Monim
Who own the newspaper and partners or share-holders holding more than one percent of the total capital : A-7, Tata Vidyut, Sector - 9A, Vashi, Navi Mumbai - 400 703.

I, Mr. Syed Abdul Monim hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date : 1 March 2022

Sd/-
Syed Abdul Monim
(Signature of Publisher)

ASTHMA - WAYS TO PREVENT AN ATTACK



Dr Maheen Memon
(Naturopath ND,
Alternative system of
medicine, Dietetics)

Asthma is an ancient Greek word meaning “panting or short-drawn breath”. Patients suffering from asthma appear to be gasping for breath. Actually, they have more difficulty in breathing out than breathing in which is caused by a spasm of the smaller air passage in the lungs. All asthmatics have more difficulty at night, especially during sleep. The onset of asthma may be abrupt or gradual. Sudden onsets are often preceded by a spell of coughing. When the onset is gradual, the attack is usually brought on by respiratory infection. A severe attack causes an increase in heartbeat and respiratory rates and the patient feels restless and fatigued. There may be coughing, tightness in the chest, profuse sweating and vomiting. There may also be abdominal pain, especially if coughing is severe. The wheezing sound identified with asthma is produced by the air being pushed through the narrowed bronchi. Feeling of suffocation, nocturnal attacks with or without mucous are other symptoms. It

is the most common chronic disease in children.

Causes:

What causes asthma To develop in the first place is still a mystery, but what can trigger an asthma attack makes for a long list. For many, it may be inhaled allergens such as dust mites, pet hairs, cockroaches, pollens and molds. It can also occur during sudden floods of emotion or after rapid change of temperature such as moving from a warm house to cold streets. Exercise is a common trigger, but this can be easily controlled by treatment with inhalers before starting an activity. Other triggers include respiratory infections such as cold, cold air, tobacco smoke, air pollution, scented products, sulfides in wine and dried fruits, stress, aspirin, Non steroidal anti inflammatory medications, fumes from burning wood or gas and food or drug allergies. Occupational asthma results from exposure to various substances in the workplace such as wood dust, grain dust, animal hairs, fungi and chemicals. Asthma attacks may occur only occasionally or several times a day, depending on the severity of the disease. They may last from minutes to days. For some, it is an occasional inconvenience, for others it can be deadly. It cannot be cured, although some children do seem to grow out of it. But no mat-

ter what the cause, asthma needn't be a life sentence. You can get your asthma under control so that it does not interfere with work, school or physical activities.

Preventions:

Asthma as a condition cannot be prevented, but the attacks often can. The first step is identifying what sets off an attack and then eliminating the trigger. Some times that may involve difficult decisions, such as when the family pet is the culprit.

No one with asthma should smoke, and no one should smoke around an asthmatic person. That means no smoking in the house or the family car. To eliminate other triggers, put mattresses and pillow cases in allergy proof casings to protect against dust, mite exposure. Reduce clutter and keep stuffed animals out of the bedrooms. Do not use pillows, duvets or comforters that contain feathers. Do not use scented products as cleansers or detergents. Repair water leaks promptly and keep humidity indoors low. If pets are a trigger, keep them out of the bedroom of anyone with asthma and outside the house as much as possible. Bathe pets weekly and vacuum them frequently. Keep the kitchen clean and remove crumbs of food to prevent cockroach infestations. Wood stoves and fire places can cause significant trouble for people

with asthma. It's better to keep the place well ventilated and fresh. Cold air can trigger asthma. Stay indoors when it's cold outside. If staying indoors isn't possible, however, make sure you keep your mouth and nose covered when going outdoors.

Eating the wrong foods could be the right recipe for an asthma attack. Some of the most common types of foods that trigger an attack are milk, eggs, nuts and seafood. If you're asthmatic, learn which foods can trigger an attack and avoid them. Even the aroma of foods that are sensitive to can bring on asthma in some people. Food additives, especially metabisulfite and possibly MSG (Mono sodium glutamate) can trigger asthma. The diet should contain a limited quantity of acid forming foods and a liberal quantity of alkaline foods consisting of fresh fruits, green vegetables, sprouted seeds and grains. Certain herbal teas may help relieve asthma symptoms. Research suggests that ginger tea, green tea, black tea, eucalyptus tea, fennel tea, and licorice tea may reduce inflammation, relax your respiratory muscles, and boost your breathing, among other benefits. Honey is highly beneficial in the treatment of asthma. It is said that if a jug of honey is held under the nose of an asthma patient

and he inhales the air that comes in contact with the honey, he starts to breath easier and deeper. The effects last for about an hour or so. This is because honey contains a mixture of higher alcohols and ethereal oils and the vapours given off by them are soothing and beneficial to the asthmatic person. Honey usually brings relief whether the air flowing over it is inhaled or whether it is eaten or taken either with milk or water. Deficiency of vitamin B6 also is known to contribute to asthma. Keep your vitamins and mineral levels in check. Ginger, garlic and omega 3s also help keeping asthma in check.

Have the last meal of the day atleast 3 hrs before bedtime. Going to sleep on a full stomach might also feed your asthma. It can be caused by stomach acid reflux. Prop your bed up and elevate the pillow to prevent the reflux. Take an antacid before bedtime to cut down on your stomachs acidity.

An inhaler whether prescribed by a physician or brought over the counter, can bring quick relief to an asthmatic under attack – provided it is used correctly. Medication for asthma uses a two-pronged approach. There are long-acting medications that reduce inflammation and open airways. These must be taken regularly, even if no symptoms are present. Then

there are short-acting bronchodilators that are used when an asthma attack begins. Many of these are dispensed by an inhaler, so that the medicine is breathed directly into the lungs.

Swimming is one of the most recommended exercises for people with asthma. As a low-intensity activity, walking is another great choice. Yogasanas which involve abdominal, thoracic and clavicular breathing effectively help in gaining control of the breath, rectify breathing habits and increase the intake of oxygen. Meditation, Biofeedback exercises and steam bath also prove useful. Listen to your lungs. Of course, the best way to fight an asthma attack is to not have one in the first place. “Recognize your own pattern,”. Be aware of what your early signs of asthma are. When you see the warning signals and you act right away, you will be able to ward it off. “You don't suddenly have severe asthma,”. That's rare. There is typically a pattern, and you can intervene in that process and stop it in its tracks. The earlier you act, the less severe the asthma will be. You should also follow the laws of nature. Air, sun and water are great healing agents. Breathing exercises, fresh air, light exercises and a correct posture go a long way in the treatment of the disease.



Sahrish Akhtar

After one of the chilled winters in recent memory, spring is finally here.

Winter is gradually coming to an end. It won't be long before there are more daylight hours, flowers start to bloom, and the weather gets warmer. If you had a tough winter, spring could be the reset you're looking for. After all, it's hard to not want to pick yourself up and enjoy life when the sun is shining and the birds are singing. Swapping winter clothes for easy, breezy pieces can also help put a spring in your step!

As we come closer to the month of March, the winter season is finally receding, with temperatures rising in most parts of the country. The months of March and April are marked by the Spring Season in India when a variety of foods and crops are grown. Nu-

Spring is the BEST Season for Your Health....

tritionists and experts recommend that one should eat according to the season, and eat the locally available seasonal foods, since they help to counter the bad effects of extreme weather, and improve overall health.

With it comes some sneezing because of seasonal allergies. But largely, spring is a great season for your health—perhaps even the best of the four.



For one, spring means it's time to stop with soup and break out salads in your diet.. With warmer weather comes an abundance of fresh, readily available produce. Asparagus, beans and peas, lettuce, berries and more all come into season during spring, making it easier than ever to eat healthfully.

Chances are, you'll

also find yourself naturally wanting to eat less in spring than winter. But your diet is far from the only reason spring can be a health boost.

EXERCISE

Longer days and warmer weather signal the return of outdoor activities, such as walking, jogging and biking. Not only do you have more options for exercise when it's warm, but also you're

more likely to do it.

Research has shown that energy expended during leisure time activity is significantly greater in the warmer months of the year—at least in areas where a distinct four seasons are experienced. The key to returning to your favorite outdoor activities, though, is a slow start. Try to do too much too soon, and you might spend

summer sitting on the sidelines.

SUNLIGHT

At first, spring light can be hard on your body, thanks to the sleep-pattern shift that comes from daylight-saving time.

But once your body adjusts to the time change, the extra light can do wonders for your health. Light in the morning (as opposed to winter's dark early hours) triggers



your body to stop the production of melatonin, the sleep hormone, which might help you feel more alert. (This is why one treatment for seasonal affected disorder, commonly known as the winter blues, is often exposure to morning sunlamps.)

In addition to being a natural mood booster, spring sunlight may even do such things

as reduce traffic accidents and fatalities.

SPRING CLEANING

Purging your home of unnecessary things and doing a little deep cleaning can do wonders for your mental health. In our less developed prehistory, we needed to continually survey our environment, to make sure that nothing that found us appetizing was approaching.

It's easier to review a less cluttered environment, danger stands out more clearly."

SPRING BREAK AND SUMMER VACATION

Time away from the daily grind helps your heart, mental health and stress levels, according to research. If you're vacationing this summer, spring might be a happier season as well. Just

anticipating a vacation can make you happier, even more so than the trip itself. The happiest individuals after a vacation were those who took leisurely, "very relaxed holiday trips," researchers noted, though even that positive afterglow faded after about two weeks.

Even if you don't have a vacation on the books, that's fine.

NO MORE WINTER SKIN

Say goodbye to your winter dry skin and hair—at least until next year. Once the humidity returns to the air, so will your skin's moisture.

But beware: More time outside in less clothing means you have to be extra vigilant about broad-spectrum sun protection.

SPORTS

Sports boost your health because they make you feel socially involved, which improves your sense of well being, and can even help reduce your risk of dementia later in life.

*Stay Safe
Enjoy the Spring
Season.*

Besan Gud (Jaggery) Katli

ARTI SARAN, PUNE MAHARASHTRA

Ingredients: • 2 bowls of Besan • 1 bowl of Ghee
• 1 bowl jaggery • 2-3 spoons of suji

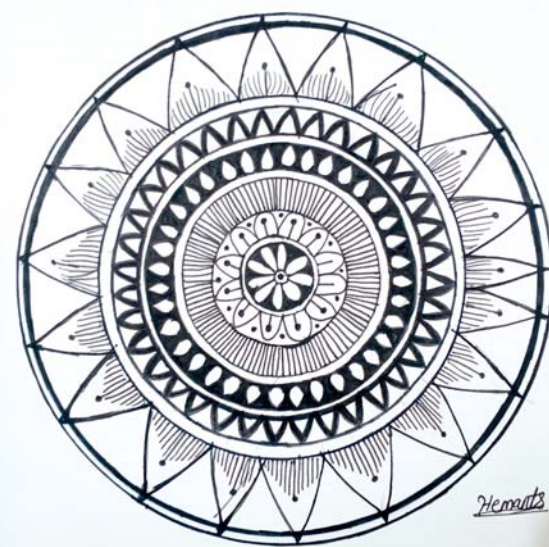
Steps to make this dish are:

- Step 1** Roast Besan on medium flame.
- Step 2** Then add Desi Ghee and stir.
- Step 3** Now add 2-3 spoons of suji.
- Step 4** Mix it well.
- Step 5** When the mixture starts leaving ghee, just at this point add jaggery to the mixture.
- Step 6** Now stir.
- Step 7** Wait for a minute and turn off the gas, and mix the jaggery in the mixture.
- Step 8** When the jaggery starts melting, take a flat thali/plate and grease it with oil/ghee.
- Step 9** Put the mixture on the thali/plate and press it or spread it with a spatula or spoon.
- Step 10** After spreading, the last step is to cut it into diamond shapes with a knife/cutter.

And lastly enjoy the lovely dish with your family and friends

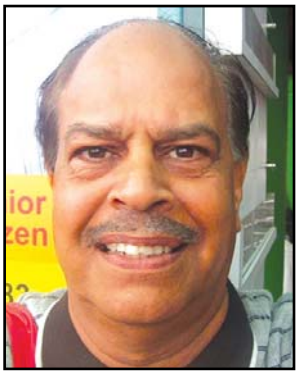


CREATIVE SPACE



Hemant S., Sector - 18, Koparkhairane

STROKE IS SUDDEN AND SILENT



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

PREVENT STROKE WITH HEALTHY HABITS

World Stroke Day stressed the importance of underscoring the serious nature and high rates of stroke, raising awareness of the prevention and treatment of the condition, and ensuring better care and support for survivors. Strokes are a medical emergency and urgent treatment is essential to the patient. Sooner a patient receives treatment for stroke, the better outcome is likely to come.

From the time of birth to the time of death numbers play a crucial role in our life. Numbers play an important role when it comes to our health as well. A few minutes of exercise, a couple of hours of rest and a fixed number of calories per day all keep you fit all the time throughout the year. An apple a day, a banana a day or a Pomegranate a day all keep the doctors away. But too much of anything is not good. Only one fruit per day is allowed for diabetic patients. Apples do have a lot of nutrients and health benefits but your dentist might not recommend eating an apple daily. Apples have a

high level of sugar and acidity, making them as bad for your teeth as fizzy drinks.

Let us set the ball rolling with one of the worst habits for one's healthy thing is smoking. Smoking makes you vulnerable and the bad habit continues till your death. Smokers are prone to cancer. Even a single cigarette may be harmful to the smoker. So chain smokers are likely to die of cancer. Studies have shown that smoking even one cigarette can increase the stiffness in your arteries by 25%. Needless to say, stiff arteries means that your heart has to work harder. It is better to live without a treacherous disease and not to enjoy a few moments of pleasure by puffing a cigarette. Cigarettes are a slow and silent killer one should know.

Sudden weakness or numbness, especially on one side of the body. It may be the face, arm, leg or the combination of all these is the symptom. Apart from this the sufferer faces sudden blurred vision, or loss of one or both the eyes is a serious stroke. Around 80 million people living in the world today have experienced a stroke and over 50m survivors live with some form of permanent disability as a result. While for many, life after stroke won't be quite the same, with the right care and support living a meaningful life is still possible. Identify the symptoms of stroke and act fast with swift treatment.

While the impact of stroke will be dif-

ferent for everyone. On World Stroke Day on 29th October 2018 we would like to focus the world's attention on what unites stroke survivors and caregivers, namely their resilience and capacity to build on the things that stroke can't take away; their determination to keep going on the recovery journey. Stroke can happen to men and women, strokes are more common in women, in part because women live longer than men. In fact, 1 in 5 women age 55 and older will have a stroke in her lifetime. About 6 in 10 stroke deaths happen to women.

Unseen effects



of stroke is fatigue, which happens in the body and mind. You may feel like you have no energy. You may get tired easily after a short period of activity. Post-stroke fatigue is a sense of powerful tiredness that does not get proved with rest. It can lead to depression or isolation. Suffering a stroke can cause many significant and challenging mental and physical changes; but, continuing to work toward recovery is important. Finding your new normal after a stroke won't happen all at once—and that's OK. Developing a new routine and tracking small, step-by-step goals will help. Your

medical team is there to help. Keep them informed of progress, concerns and changes to how you can support your own therapy. There lies the real success of recovery.

Health is wealth and how to overcome heart diseases in the modern method of medical treatment rather than brooding on what had happened to your health all of a sudden. Heart surgeons in India today are good enough and world class cardiologists are feeling that the confidence level of the heart patient is high and how he recover fast from the ailment are factors that lead to a normal life even after a mas-

sive stroke.

Most strokes are ischemic strokes. Ischemic strokes happen when blood flow to the brain is blocked, usually by a blood clot or plaque. You can lower your risk for stroke by making healthy lifestyle choices and by managing health conditions that lead to stroke, such as high blood pressure and high cholesterol. Smoking can cause stroke as well as other conditions that can hurt your heart and brain, including heart disease, diabetes, and cancer. Learn how to quit smoking. By avoiding smoking you can enhance your life span and lead a healthy

life. Again avoid taking alcohol, which harms your body in the long run and makes you incapacitate if you fall in the trap of stroke.

It is time to stay physically active. Walking or doing yoga is good for health in the long run. That is just 30 minutes of walking a day, for five days in a week can keep you healthy. Choose healthy foods. Limit your intake of salt (sodium) and foods high in saturated fats. Salt increases blood pressure, and saturated fats have been linked to high cholesterol. High blood pressure and high cholesterol are two leading risks for stroke. Try flavoring your meals with lemon, herbs, and spices rather than salt. Make sure you eat plenty of fresh fruits and veggies each day; they have fiber, which may help lower cholesterol.

It is still a grave shock to hear that some apparently healthy person gets a cardiac arrest and it is difficult to understand it in perspective. This is called silent attack; that is why doctors recommend everyone past the age of 30 to undergo routine health checkups. The heart disease is a hereditary one and a person's parents having such disease needs to be careful. The heart is stressed and that is the major reason for the happenings all of a sudden. We need to practice to de-stress in a proper way. For this to take place, change your attitude towards life and do not look for perfection in everything in life. It is notable that eating walnuts

and doing yoga helps one to keep fit. The best food for a heart patient is fruits and vegetables and the worst is oil. It is notable that all the oils are bad.

Regular routine check up will provide you with a boost to your confidence level. Routine blood test to ensure sugar, cholesterol is OK. Check BP, Treadmill test after an echo can be a useful one. People of about 30-40 years of age are having strokes and serious heart problems. Increased awareness has increased incidents. Also, sedentary lifestyles, smoking, junk food, lack of exercise in a country where people are genetically three times more vulnerable for a stroke. However, modern anti-hypertensive drugs are extremely safe.

The World Stroke Campaign works to raise awareness of stroke prevention, treatment and support. World Stroke Day on the 29th October provides a focal point for the campaign bringing together members, partners and stroke survivors to speak with one voice for stroke across the world. One need to take care of after a stroke operation are diet, exercise, drugs on time, and control cholesterol, BP, weight. Eat a healthy diet, avoid junk food, exercise every day, do not smoke and, go for health checkups if you are past the age of 30. Health is wealth and one needs to take care of the health and regular exercise or yoga will help out in keeping you fit all the time.

Zonal Prize Distribution Ceremony at Ryan



The winners of a range of competitions on co-curricular activities held among the students of Mumbai and Navi Mumbai and Pune zones of Ryan International Group of Institutions were felicitated in a glittering function held online on Feb 11, 2022. Students of 22 schools from Montessori to Std X who vied for prizes in Essay Writing, Drawing, Elocution, Monoacting, and Poetry Recitation and Poetry writing, Debate and Story narration received certificates of achievements in this ceremony well attended by the students, parents and distinguished guests.

The ceremony got off with the prayer and the reading from the Holy scripture followed by the welcome address. The winners from Mont. to Std IX were felicitated with certificates of achievements. The prize distribution was interspersed with an enthralling musical performance by the Miss: Atharva Bakshi of Ryan, Kharghar, Ananya Thomas-Ryan, Nerul and Suhasini Mallya-Ryan Sanpada.

Sharing their rewarding experience, many winners stated that such competitions have sharpened their skills in communication, oratory, story narration and acting. The two-hour-long ceremony was compered by the students with great flourish. Parents also lavished praises on the school management for the online activities of the school during this challenging time.

While addressing the students on the occasion Dr Snehal Pinto, Director of Ryan International Group Of

Institutions appreciated the students for their brilliant performance and urged all the students to actively involve themselves in various skill promoting learning programmes undertaken by the Ryan International Group of Institutions as envisioned by the Founder Chairman of the group Dr. A. F. Pinto and Managing Director Madam Dr. Grace Pinto, a wide range of competitions are held every year to recognize, nurture and celebrate the talents of the students.

Students of the following 22 schools participated in all the Zonal level competitions

- Ryan International-ICSE-Goregaon / Malad / Kharghar/ Nerul / Chembur / Pune
- Ryan International-CBSE-Malad / Kandivli / Nallasopara / Ambernath / Sanpada
- St Joseph's-CBSE, New Panvel
- Ryan Global Schools-Andheri / Chembur / Kharghar
- Ryan Christian School, Borivli / Vashi
- Ryan International Academy-Pune
- Cambridge School, Kandivli
- Ryan Shalom Schools - Andheri / Ulwe/ Khamothe



did you know ?

- Cashew nuts contain the anacardic acids which has the ability to kill gram positive bacteria that causes tooth decay, acne, tuberculosis, leprosy, Francisella tularensis, Streptococcus pneumonia.

SELF CARE AND DANCE MOVEMENT THERAPY

“IT IS OK TO BE SELFISH”



Ms. Veena Iyer
(Dance Movement Therapist)

We have been conditioned to take care of others right from young age. That is imbibed in us to put self last in the list. As parents too whether it is Mother or Father, self is not a priority.

As a parent, it's a natural instinct to put your child's needs first. When they're infants, you respond when they cry, and as they become older, you become vigilant in their safety and help them to discover who they are and develop the skills they need to succeed. While all this is happening, it's easy to lose track of yourself.

Taking care of oneself may seem like a full-time job. Neglecting that "job" though can harm your confidence, relationships and enjoyment of life. It is important to take care of self as it ensures a happier and healthier life, as well as helping you to be more a part of the Society you're in. If you're regularly exhausted because you never take time to eat a proper meal, get

a good night's sleep, or get some exercise, then start making these things an absolute priority. In that sense it is OK TO BE SELFISH.

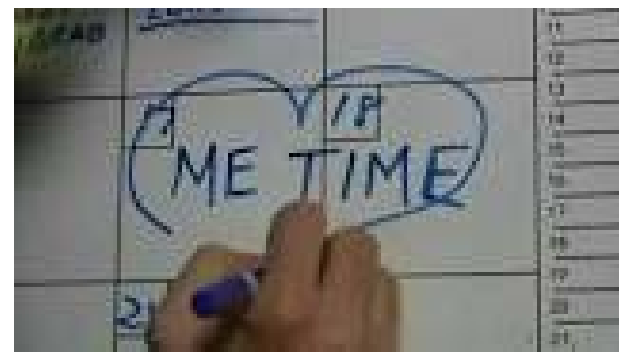
Healthy selfishness is a way of thinking and acting in which there is a deep appreciation and concern for yourself. It includes a willingness to respect your own feelings, desires, and needs as well as to trust your knowledge, ability, and experience.

In a practical sense, it means doing such things as resting when

had long ago. Dig in your Bucket list, Dust off that musical instrument you used to play, read a book.

Here Dance Movement Therapy comes into picture as a holistic form of self care healing Mind and Body and ensuring integration of both. It is totally rejuvenating and therapeutic as it is said Movement is Liberation.

Move your body as you like, in free movement, unstructured but mindfully, using space and levels. Feel the



you're tired or asking for emotional support without apology.

People who value their own needs are often more delightful people to be around.

Of course, it should not be taken too far to the point that you never care about anyone else. It may mean small things like having your cup of coffee peacefully, taking medicines on time, Call up a friend and talk about what gets you excited about life (it might be other than your kids, your family) putting up your favorite music etc. Pick up an interest you

lightness all tensions are released from the body and in turn from mind too. We can reclaim our spent energy.

Self is a tool and like any other tool needs maintenance, overhauling to be in good condition.

- Believe in self and love thy self, to be able to love your near and dear ones.
- Pamper yourself Above all enjoy "ME TIME" Don't miss to talk to the most beautiful person in your life i.e. YOU.

You will start smiling more. This will enhance your FACE VALUE 😊😊😊😊😊

VISIT US AT: www.datewithhealth.com

E-MAIL: datewithhealth@gmail.com

DO YOU LOVE SPICY FOOD

We Indians are in love with green chillies. From adding them to curries to eating them raw, we like the spark they ignite in us. That's why this spicy condiment is an important part of all our meals. The antioxidant content of green chilli makes it beneficial for almost every organ in your body.



Bhavani Swaminathan
Mob. 7021648382
Nutritionist & Founder
of AAKANKSHA:
Desire For Wellness.

maintains cell health by reducing blood cholesterol levels.

- It plays a crucial role in protecting against severe heart diseases like heart attack and stroke as well as cancer.
- The high dietary fibre in green chillies makes them good for diabetics.
- The rich iron content in green chillies

Not many know that green chillies are rich in dietary fibre, which is important for a healthy digestive system. Here are other health benefits of eating the green chilli.

1. Takes care of your skin: Green chilli is a rich source of vitamin C and eating it helps in keeping your skin healthy and glowing.
2. Aids in digestion: Consuming green chillies can help in the digestion process since it is very high in vitamin C. Also, foods that release saliva while chewing help in proper digestion of the food; thus eating green chillies aids in digestion.

helps in improving haemoglobin production and helps your body fight against fatigue and weakness.

- Contains calcium, phosphorus, and magnesium, which help maintain bone health.
- Vitamin B in green chilly participates in increasing the energy levels of the body by regulating protein and fat metabolism.

3. Helps in weight loss: Since green chilli helps in burning the excess fats of the body, it helps in weight loss and thus increases the metabolism of your body.

4. Good for diabetes: People suffering from diabetes must include green chillies in their diet because it can take care of the increased sugar level and can further help in creating a balance in the body.

BENEFITS OF EATING GREEN CHILLIES IN DETAIL:

- The anti-inflammatory properties of green chillies protect the body against harmful free radicals.
- Benefits of raw green chilli consumption include relief from constipation and reduced risk of ulcers.
- It prevents cell damage and

- The capsaicin in green chillies helps relieve the pain of joints by increasing endorphin levels and anti-arthritis properties.
- It stimulates the respiratory system and provides relief during cold or sinus infections.
- It also acts as an antidepressant and stabilises mood.
- It helps improve blood circulation.
- Green chillies is good for eye health due to the presence of Beta carotene
- Green chilli is rich in vitamin C, which increases metabolism; improved metabolism aids in weight loss.

As we know so many benefits of green chillies, let us start including hari mirchi in our diet.

DO YOU LOVE SPICY FOOD?

It turns out spicy food in adequate amounts not only coddles your taste buds, but is healthy as well!

Benefits of Green Chillies

- Have higher water content and zero calories
- Promotes digestion
- Rich source of vitamin E and vitamin C making it very good for healthy skin
- It burns calories and speeds up metabolism helping to lose weight

St. Lawrence High School-Vashi REPUBLIC DAY CELEBRATION



The 73rd Republic Day was celebrated in a grandeur scale at St. Lawrence High School, Vashi on 26th January'2022. The Ceremony commenced with the unfurling of the National Flag. The entire premise had a patriotic Vibe as the National Anthem was sung. The patriotic aura was sustained by the warm welcome, inspirational and motivated

by the teachers.

Students of St. Lawrence High School, Vashi across all the sections (pre-primary, primary and secondary) enthusiastically participated in a plethora of activities to show their belong-

creativity by drawing pictures symbolizing the Diversity of India. Our Chairman Sir and Managing Director Madam inspires, motivates and inculcates the Value of Patriotism in young minds by giving various opportunities



“Children are the future of our country and thus it's our duty to imbibe the quality of Freedom in their mind, Strength in their

speeches by the teachers. Maintaining the protocol of the present situation, the entire campus turned reverberated with the rhythmic vocal presentation

ingness, love and pride towards the Nation. The little kids showed their talents by making Tricolor using finger print art. The students also showcased their

words, Pride in their soul, Zeal in their heart and Respect to our great country,” said the Headmistress of the school, Mrs. Saira Kennedy.

जशबरी
Celebrating Womanhood

Take a small **STEP** to make bigger **DIFFERENCES**